



PHOTO BY CHARLIE KANZIG

Sisters Middle School ran strong in cross-country finals action. John Berg and Phillip Komar finished their race in 12:36.

## Sisters Middle School hosts XC meet

By Charlie Kanzig  
Correspondent

With high school runners in bright pink shorts acting as “rabbits,” middle school runners from around Central Oregon raced around the grounds of Sisters Middle School in the final meet ahead of next week’s district championships.

The meet got off to a strong start for Sisters as Outlaws took the top two spots in the girls race. Taylin Bowen won the race convincingly in a time of 10:16 over the 2,850-meter course. Brooke Duey edged Colby Thompson of Crook County by just over a second for the runner-up spot in 13:13. Teagen Welsh helped the Outlaws win the team competition by placing seventh overall in 13:52.

Bowen’s time turned out to be the fastest of the day for runners in both the girls and boys divisions.

The middle school cross-country league rules allow for just the top three runners to count in the scoring as opposed to five, giving Sisters the win with just 10 points. Crook County placed second with 17, followed by La Pine with 18 and St.

Francis with 48.

For the boys sixth-graders, Daniel Miller (12:28) and Hudson Hayes (12:42) placed ninth and 10th respectively. Cash Jordan rounded out

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## Fire dept. set for safe, spooky fun

Sisters community children and families are invited to a howling good time at the Sisters-Camp Sherman Fire Station from 6 to 8 p.m. on Thursday, October 31. They invite Sisters folks to “come check out our carnival games and – if you dare – venture into the new haunted maze at the annual Halloween event.”

There will be refreshments, prizes, and candy for all the trick-or-treaters. For more info call 541-549-0771.

To ensure a safe and happy Halloween experience, the fire department offers some safety tips:

- When choosing a costume, stay away from long trailing fabric. If your child is wearing a mask, make sure the eye holes are large enough so he or she can see out.
- Provide children with flashlights to carry for lighting or glow sticks as part of their costume. Children should walk with an adult, or in a group, and always use crosswalks!

- Dried flowers, cornstalks and crepe paper catch fire easily. Keep all decorations away from open flames and other heat sources like light bulbs and heaters.

- Use a battery-operated candle or glow-stick in jack-o-lanterns. If you use a real candle, use extreme caution. Make sure children are watched at all times when candles are lit. When lighting candles inside jack-o-lanterns, use long, fireplace-style matches or a utility lighter. Be sure to place lit pumpkins well away from anything that can burn and far enough out of the way of trick-or-treaters, doorsteps, walkways and yards.

- Remember to keep exits clear of decorations, so nothing blocks escape routes.

- Make sure all smoke alarms in the home are working.

- Tell children to stay away from open flames

including jack-o’lanterns with candles in them. Be sure they know how to stop, drop and roll if their clothing catches fire. (Have them practice, stopping immediately, dropping to the ground, covering their face with hands, and rolling over and over to put the flames out.)

- If your children are going to Halloween parties at others’ homes, have them look for ways out of the home and plan how they would get out in an emergency.

Decorations are the first thing to ignite in 900 reported home fires each year. Two of every five of these fires were started by a candle. Taking simple safety precautions, including keeping decorations far away from open flames and using battery-operated candles or glow-sticks in jack-o-lanterns, can help ensure your holiday remains festive and fun.

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